



# T-Ball Clinic Overview

Dear Parents/Guardians,

This year, the YMCA Sports Clinics will be following guidelines put forth by Baseball Canada when creating programming for our t-ball clinics. The Pathway focuses on encouraging lifelong participation, and is built around the principles of the Long-Term Player Development model and physical literacy.

## Long-Term Player Development Model

The LTPD is a model used to understand human development from childhood to adulthood, through a series of stages. Experts in sports science have identified seven stages—each with its own physical and psychological characteristics. When young baseball players are able to train and practice in an environment that is appropriate to their stage of development, they not only perform at their best, but they also have more fun. Children between the ages of 6-10 are said to be in Stage 2.

### Stage Two: Fundamentals

(ages 6-10)

The main goal in this stage is to develop fundamental movement and basic baseball skills in a fun environment. Technical aspects that will be covered are: hitting, running, receiving, and throwing. Children will be introduced to basic rules, ethics, and safety. \*

### Summary: Stage 2

Children require a structured, fun, and stimulating environment, which focuses on developing agility, balance, coordination, and basic baseball specific skills. The program should be developed in a way that keeps the interest of the children, and promotes a feel for the sport without any structured competition.

\* as outlined by Baseball Canada

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## Baseball Canada: Training Model

Baseball Canada recommends a “station” approach to training. It is our hope that with enough volunteer coaches, we will be able to implement this training method in our clinic. Each practice will be developed around 4 main “pillars” which include: General Movement skills, Coordination, T-Ball Technique, and occasional scrimmages. Incorporating these 4 pillars will help develop well-rounded young players with a foundation in physical literacy, solid baseball skills, and a love for the game.

## What You Can Expect

As with years prior, our practices will include: warm up activities, skill-based games, modified games, and a cool down. Each practice will have games/ activities focused on catching, throwing, and hitting. **Children will learn and develop these skills through games/activities related to each T-ball/baseball technique.** As these children still learn by playing games and using their imagination, it is recommended that coaches teach the different techniques of t-ball through various games and activities. Children learn best when they are having FUN! During most practices, the group will be split into two smaller groups to work with a different coach on a specific skill and activity. Again, there are no games scheduled for this clinic, however we will be doing a hitting and catching session at the end of most practices. A healthy snack will be given to each player at the conclusion of practice.

If you have any questions or concerns, please feel free to contact our Community Programs Coordinator, Rori Millions at [aurora.millions@timmins.ymca.ca](mailto:aurora.millions@timmins.ymca.ca)

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